Where can we get help?

Information for young people and their families in Torbay

GENERAL

The Mooring@ Croft Hall Medical Practice – Torquay. Over 16’s service From 6pm – Midnight for help in managing distress and connecting to support. Tel 07483991848

WORRY / Anxiety

Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins, Katherine A. Martinez, Michael Sloan

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence by Jennifer Shannon

What to do when you worry too much: a kids guide to overcoming anxiety by Dawn Huebner and Bonnie Matthews.

**SAM:** is an app to help you understand and manage anxiety

LOW MOOD

Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression by Shirley Reynolds, Monika Parkinson

Can I Tell You About Depression?: A Guide for Friends, Family and Professionals By Christopher Dowrick, Susan Martin, Mike Medaglia, Paula Dowrick

Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can by Ben Sedley

Useful websites

**Mood juice** a Self-help resource site [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

**Young Minds**: information and resources about young people’s mental health www.youngminds.org.uk

**Teenline**: trained counsellors offering online support www.teenline.org.uk

**Get Self Help**: online resource and self help worksheets [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Self-Harm

The Truth About Self-Harm: For Young People and Their Friends and Families: 2016 by Celia Richardson

The rainbow journal; for young people who self injure by Catherine Lucas

Useful websites

**National Self Harm Network:** advice and information about self harm [www.nshn.co.uk](http://www.nshn.co.uk)

**Selfharm UK**: Information about who, why, statistics and getting help. [www.selfharm.co.uk](http://www.selfharm.co.uk) also links to the online support group – Alumina

Apps

**Calm harm:** provides tasks to help you resist or manage the urge to self-harm.

**Virtual hope box:** an app which brings together a selection of tools to aid relaxation, coping and positive thinking.

**Mandala colouring:** Colouring app which aids distraction, relaxation and mindfulness

**Smiling mind** A variety of programs divided into age groups which allow people to develop Mindfulness techniques to support good mental health

**What’s up:** app which uses CBT and ACT self-help approaches to help you cope with a variety of strong emotions.

Low self esteem

Self-Esteem and Being You by Anita Naik

Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People by Kate Collins-Donnelly

**Dove:** Resources and information for young people, parents and professionals about boosting young girls body image and self-esteem www.selfesteem.dove.co.uk

**Young minds:** Tips and advice for young people and parents about how to improve low self esteem.  
http://www.youngminds.org.uk/

Other Services

**Eat that frog:** supporting unemployed people (16yrs +) who have a health or disability related issue to get back into work or training. This free program includes 1:1 mentoring, well-being support, life style skills and fitness.www.workshopseatthatfrog.org

**Tool Kit**

Our mood can be greatly affected by what we do, when, and with whom.

* **A**CHIEVE - work, chores, study
* **C**ONNECT -  with friends, family, community
* **E**NJOY - play, fun, pleasure[](https://www.getselfhelp.co.uk/ace.htm)

Using the 5 senses, to help you shift focus of attention and ground you into the present moment:

**5 things I can see**

**4 things I can hear**

**3 things I can touch**

**2 things I can smell or taste**

**1 breath. Then continue to just notice your breathing and the sensations of breathing**







**Apps and resources online**

* **HEADSPACE** Your Gym membership for your mind [www.headspace.com](https://www.headspace.com)
* **MOOD JUICE**  emotional problems work towards solving them [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
* **GET SELF HELP** problems, solutions, downloads, videos www.getselfhelp.co.uk
* **SUPPORT LINE** confidential advisewww.supportline.org.uk
* **MIND** Apps for wellbeing and mental health www.mindcharity.co.uk